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The Pacifian

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UNIVERSITY OF THE PACIFIC'S NEWSPAPER SINCE 1908

VOLUME 104, ISSUE 18

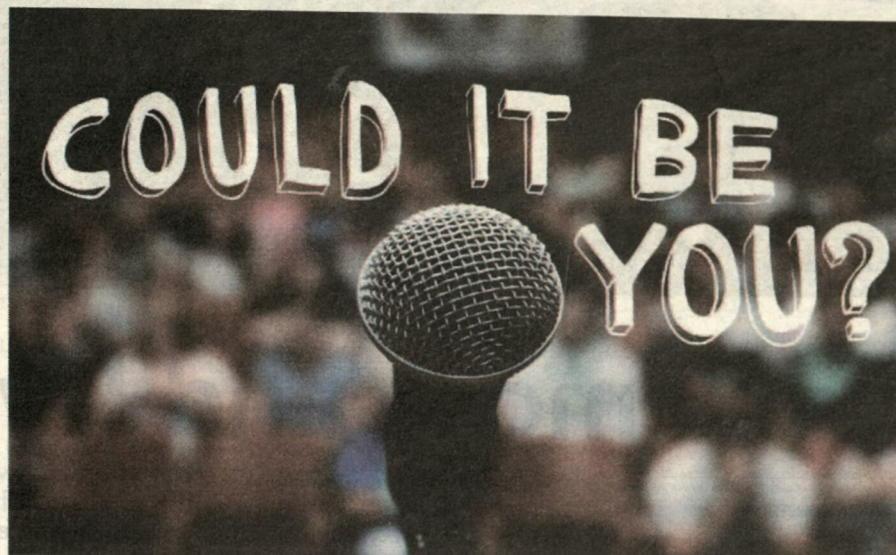
THURSDAY, January 31, 2013

The search for a student speaker

Nancy Tang
STAFF WRITER

CONDOLEEZZA Rice is mostly widely known for serving on the National Security Council and as Secretary of State under President George W. Bush. She returned to work at Stanford University in March 2009 and is currently a faculty member of the Stanford Graduate School of Business and a director of its Global Center for Business and the Economy.

On March 22, Rice will be headlining the Advancing Women's Leadership Forum, a half-day forum aimed at celebrating and advancing women leaders. The forum also features a panel of local women leaders who will share their personal experiences in achieving career and education milestones. Proceeds will benefit the Boys & Girls Clubs of Stockton and the University's Women Resource Center. General



Micaela Todd

Audition for the once-in-a-lifetime chance to introduce Condoleezza Rice

admission tickets to the event are currently available for \$25 from the Pacific Box Office, which is open from 9 a.m. to 4 p.m.

In addition, Pacific undergraduate students have the chance to audition for a spot to introduce Dr. Rice at the forum, which will be held in the Alex G. Spanos Center on University of the Pacific campus. For the audition, students are being asked to submit a three-minute video to Youtube, a video sharing site. In the video, students should record them-

selves giving a brief introduction, followed by a speech regarding the importance of getting involved in the global movement to end gender-based opposition and empower and inspire women and girls. The link to the video should be emailed to Corrie Martin at cmartin1@pacific.edu.

The deadline for submissions is Feb. 21 at 5 p.m. PST. Finalists will be selected and contacted in late February for an in-person interview.

The votes are in!

Macklemore and Ryan Lewis to play in spring

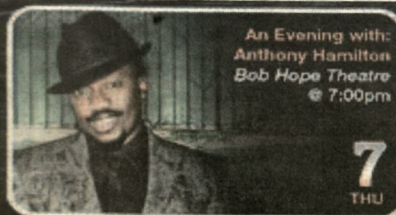
Nancy Tang
STAFF WRITER

EVERY spring, University of the Pacific holds a Spring Concert featuring artists voted on in a student poll. Last year's concert featured Dev and The Cataracs. This year, the poll winners, Macklemore and Ryan Lewis, are set to perform, with Ryan Leslie opening up the show. Other runner ups included 2Chainz, Kendrick Lamar and Big Sean.

According to a university press release, Jamie Barnes, Arts and Entertainment Commissioner for ASUOP (Pacific's student body government), said, "Macklemore & Ryan Lewis won by a landslide in our student poll earlier this year, so we are excited that he has

SPRING CONCERT
CONTINUED ON PAGE 2

Celebrating Black History



An Evening with:
Anthony Hamilton
Bob Hope Theatre
@ 7:00pm

7
THU



Gospelfest:
W. H. Harrison & Anita Wilson
Progressive Community
Church @ 7:00pm

15
FRI



An Evening with:
Kareem Abdul-Jabbar
Faye Spanos
@ 7:00pm

26
TUES

Pacific Media Relations

Three keynote speakers who will be highlighted this February for Black History Month.

Danielle Procope
STAFF WRITER

TOMORROW is the first day of Black History Month. Black History Month is celebrated every February, and its purpose is to widely celebrate African American history and culture.

University of the Pacific continues with this tradition through a month of campus and community programming. Programming will include movies, concerts, real talk sessions, and many more events in order to holistically celebrate Black History Month.

Events include the Gospelfest at Progressive Community Church, Black Student Union's High School conference, and the much anticipated Anthony Hamilton concert.

All students are encouraged to attend the Black History Month events throughout February.

These events serve the purpose of illuminating upon issues impacting black people and also celebrate the uniqueness and vibrancy of African American culture.

Black History Month will commence tomorrow with the Libation Ceremony at 5:30 p.m. in the Vereschagin Alumni House.

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Pacific club rugby beats San Francisco for big win

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Macklemore and Ryan Lewis
Photo of Macklemore live in concert.

Public Safety



Weekly Report
Jan. 20 - Jan 26

Suspicious Person

Olson Hall, Jan. 20

An officer responded to a report of a male subject walking in the area with a crowbar in hand. The subject was interviewed and an officer initiated a report.

Missing Person Recovery

Grace Covell, Jan. 20

An officer contacted a female who was reported missing earlier in the night by a family member. The officer then cancelled the missing person report.

Warrent Arrest

Parking Lot 10, Jan. 21

An officer conducted a check-out on a female subject going through the dumpster. The subject was subsequently arrested on an outstanding felony warrant.

Forgery

Off Campus, Jan. 23

A victim reported that his rent money order was stolen and cashed to Houston Realty. The officer initiated a report.

Robbery

Pawnee Ave., Jan. 24

A victim reported seeing an item on Craigslist for sale and arranging to have a meeting with the caller at a home on Pawnee Ave. When the victim knocked on the door, a subject appeared with a handgun and robbed the victim of the items. A reminder to all: arrange to meet in an open area, such as the Public Safety Parking Lot, in these types of exchanges to reduce incidents like this.

Traffic Criminal

Parking Lot 6, Jan 24

A victim reported that her vehicle was hit while it was parked in the lot. An officer initiated a report.

<http://www.pacific.edu/Campus-Life/Safety-and-Conduct/Public-Safety-and-Services/Crime-Statistics/Crime-on-Campus/2012-Weekly-Incident-Log.html>



Macklemore performing for a crowd of crazy fans.

Macklemore and Ryan Lewis

Macklemore and Ryan Lewis

SPRING CONCERT
CONTINUED FROM PAGE 1

accepted our invitation to perform in Stockton. What makes this performance so exciting is the fact that both artists performing are independent."

Ryan Leslie was a guest at University of the Pacific earlier in the school year, in September; "An Evening with Ryan Leslie" had included

a short performance and a meet and greet. Ryan Leslie is a Stockton native, having graduated from Bear Creek High School. He is mainly an American record producer, singer-songwriter, and an occasional rapper.

Macklemore is a rapper, who, along with his producer Ryan Lewis, make up a Seattle-based American duo. Their most recent hit, "Thrift Shop" hit number 1 on the US Billboard Hot 100; The accompanying music video

has over 70 million views on Youtube. "Thrift Shop", is part of Macklemore's 2012 album, The Heist, which has reached number 1 on the US iTunes download chart and number 2 on the US Billboard 200 charts. Macklemore is known for his independent work, having released one mixtape, three EPs (extended plays), and two albums without major record label support.

The concert will be held on March 28 at Stockton's Civic

Auditorium at 8 p.m. Doors will open at 7 p.m. Tickets for Pacific students cost \$15, and \$20 for any students in the general San Joaquin County. Student tickets can be purchased at the front desk of the Don and Karen DeRosa University Center on the University of the Pacific campus. Online tickets are available for the general public for \$30; all online tickets are balcony only.

Pondering the option of law school?

Juliene Sesar
EDITOR-IN-CHIEF

NOT sure what is out there for students after college?

The College of the Pacific's English and Political Science Departments along with the Pacific Legal Scholars, will be hosting an informational session about the ins and outs of pursuing a law degree. The event will be held in WPC 130 on Thursday, Feb. 7 at 7 p.m.

The main focus for this event will be how to prepare for law school, what the application process is like, and how to succeed once you get in.

Professor Jeffery Hole of the English Department will be hosting the event. Hole stresses that this event is for all majors; however, two students will be speaking about their personal experiences going to law school after graduating from Pacific with an English major.

"While our majors may not study the law as a profes-

sional discipline specifically, courses in English require—especially over the length of one's undergraduate career—intense reading and attention to complex ideas," said Hole. "We provide the intellectual building blocks for the kind of work students will undertake in law school."

Both speakers, Andrea Morris '11 and Kelly Volkar '11, said their English degrees helped them in law school.

"A degree in English is beneficial because often the study of literature challenges us to think critically, which is vital to the reading of law," said Morris, who is currently in her second year at University of the Pacific, McGeorge School of Law. "Literature forces us to think about the implications of what we read in much the same way as statutory construction requires."

The English Department ties law and literature together in many of their courses, including ones taught by Hole and Professor Andrea Boboc.

Even though the law session will be talking about the best ways to pursue a law degree, it will also discuss the caution someone should use on deciding to go to law school.

"I only recommend law school after undergrad for those who are sure that it is something they want to do," said Volkar. "Law school is expensive and extremely challenging. If a student is not sure that he or she loves

the law or has a deep interest in continuing onto law school, then I would consider law school with caution."

Volkar goes on to say if a student is seriously considering going to law school they should take a few courses from Pacific in the law during their undergraduate years.

For more information on the law session, contact professor Jeffery Hole at jhole@pacific.edu.



Pacific Media Relations
Law library at McGeorge School of Law.

Mariam S. Al-Enezi
 Nikco V. Aliwalas
 Naser S. Alsabah
 Vanesa J. Alvarez
 Kevin D. Andrews
 Nasser F. Bahzad
 Shanon M. Barth
 Conor W. Bayuk
 Nicole L. Bettencourt
 Shandip S. Bhargal
 Gergana I. Boncheva
 Bradley S. Bouman
 Kendall E. Burke
 Courtney E. Bye
 Arianne I. Cablay
 Brittney Cameron
 Amanda C. Cendejas
 Victor E. Cesena
 Shelly Chen
 Wanxian Chen
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Gabrielle M. Goyette
 Daniella G. Green
 Jue Gu
 Jay P. Haak
 Matthew B. Hayes
 Kyle T. Honda
 David T. Hudson
 Boldero In
 Tasha Y. Jackson
 Sydni Johanson
 Courtney M. Johnson
 Reed T. Kamler

Seth W. Levendoski
 Annie Li
 Jennifer F. Li
 Yangchengsi Li
 Colin L. Lo
 Antonio Lopez
 Nicole M. Loscavio
 Krista A. Lovelace
 Jocelyne Loza
 Natasha T. Lueder
 Timothy C. Luk
 Linda Ma

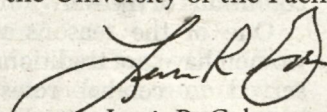
Cody J. Neal
 Sai K. Ngan
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 Benjamin A. Orloff
 Julia D. Pastorino
 Samantha Perry
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 Dylan N. Viskochil
 Hongjian Wang
 Emily N. Williams
 Jennifer L. Williams
 Alyssa A. Wray
 Yuanzhe Xie

UNIVERSITY OF THE PACIFIC

Eberhardt School of Business

DEAN'S LIST – FALL 2012

The Eberhardt School of Business regularly recognizes students who have achieved a GPA of 3.5 or higher during the previous semester by including their names on the Dean's List. On behalf of the Eberhardt School of Business, I congratulate and commend the following students for their commitment to academic excellence at the University of the Pacific.


 Lewis R. Gale,
 Dean

Collie M. Kassab
 Navpreet Kaur
 Erin C. Kelly
 Kelly A. Kerns
 Kristina M. Krass
 Shane S. Kumar
 Elizabeth M. Kurrell
 Kevin Lao
 Ngan T. Le
 Vu T. Le
 Karen W. Lei

Kolleen O. Machado
 Angel E. Maldonado
 Alexander Malkis
 Nicholas R. Maragliano
 Molly M. Marshall
 Ann A. Mc Adam
 Chelsea M. McClure
 Matthew T. McClure
 Taylor L. McCormack
 Andrew T. Mendoza
 Lauren Jiavanna M. Morita

OPINION



What are you doing for the Super Bowl?

"A couple of my pharmacy student classmates and I are actually planning to go to the city and watch the game."

@Ryan Ferrer,
C.O. 2015

"I'll be rockin' out in Stanford with my friends!"

@Jimmy Ly,
C.O. 2015

"Studying because I fell behind last week when I went out one night, and I was sick one day, missed a quiz, and had to make it up on Monday, and now my whole week is crashing down on me."

@Katrina Severin,
C.O. 2014

"I'll be watching it at home with my dad!"

@Courtney Frost,
C.O. 2013

"I guess I'll be hanging out with friends. It's not a big deal to me; football doesn't matter, the friends do."

@Mary Anderson,
C.O. 2013

"I'm not doing anything for the Super Bowl. I don't care enough about football to know when it is."

@Adam Zittel,
C.O. 2014

"I am waking up and going to immediately begin preparation, which includes, but is not limited to, a lot of good food, a lot of good beverages and a pregame KNBR, of course. A few buddies are coming over, and it is going to be a swell day. Go Niners!"

@Andrew Brazil,
C.O. 2014

"I'm going to LA to watch it with NY family. My brother's actually going to the game."

@Tiffany Duong,
C.O. 2014

Major policy change in the military

Christiana Oatman
OPINION EDITOR

THE departing Secretary of Defense, Leon Panetta, made an unexpected major announcement last week: women in the U.S. military would now be eligible to serve in combat. This opens up new career pathways for women already enlisted in the military who were previously limited in the types of jobs they could have.

This decision reverses a Pentagon rule dating from 1994 that encouraged women's participation in the military but restricted them to non-combat positions. However, as evidenced by the readings and discussions presented in Dr. Edith Sparks' Women and War course, women have participated in the military in a variety of official and unofficial positions.

Prior to the Civil War, women had a number of options to participate in the military, ranging from selling goods to soldiers to working as laundresses to officers to accompanying their husbands both on base and to the battlefield. The military changed the policies regarding wives and children on base, but women still participated in the Civil War and other wars—in the U.S. and abroad—by disguising themselves as men (oftentimes succeeding to the point where they were not uncovered until their deaths), serving as nurses, spying, and continuing earlier business roles.

Gender norms and gender



Wall Street Journal

Women have served in a variety of jobs in the military in the past and will now be able to serve in combat positions.

roles played a strict role in American history but not so strict that women did not participate in the harsh realities of war. During the Vietnam War, hundreds of thousands of women enlisted in the military; they usually worked as nurses but still witnessed death and disease, and were often killed or put in harm's way due to the dangerous and uncertain conditions of the war.

One of the reasons why women have not traditionally served in combat roles is because of a gender double standard in which men are expected to sacrifice their lives but women are not. In the 1970s, feminists proposed adding the Equal

Rights Amendment (ERA) to the Constitution. The amendment went as follows: "Equality of rights under the law shall not be denied or abridged by the United States or by any state on account of sex." Despite, or perhaps because of, the amendment's simple and straightforward language and intent, it was met with fierce opposition. Phyllis Schlafly was the major leader against the amendment, and one of her arguments was the fear that under this amendment women would be included in the military draft. Indeed, that would most likely occur under a Constitution with the Equal Rights Amendment; if the government expected

one gender to willingly give up their lives to fight for their nation, why not expect the other gender to? Until this recent policy change, women were "protected" from dying in war—whether they liked it or not.

In fact, Pentagon policy does not always play out in the realities of war. Before and after the implementation of the 1994 policy, women who fought in the military sacrificed their lives. According to the *New York Times*, which received the data from the Pentagon, over 800 women have been

WOMEN IN COMBAT
CONTINUED ON PAGE 5

The positives of Love Your Body Week

Christiana Oatman
OPINION EDITOR

Messages about body image come from a variety of sources—friends, family, the media—but they are usually negative. Here at Pacific, events during Love Your Body Week during the second week of February will attempt to replace these negative messages with positive ones.

Negative messages are both implicit and explicit. It's common to hear people use the word "fat" as an insult,

or to only see extremely thin or extremely muscular men depicted in the media. There has been a focus over the years on the damage that negative body messages cause to women, such as eating disorders and low self-esteem. But the fears of being "fat" or of simply not looking "good" are present for all genders.

By learning to embrace one's looks for what they are, people are able to have better self-esteem and confidence. They will be able to focus on

other qualities that are what truly make up a person's quality and character. By being proud of one's non-physical accomplishments and by developing confidence and self-esteem in who a person is "on the inside" (to use a cliché), someone will be both happier as an individual and will be seen as more attractive to the people around them.

Obesity is a health problem. Not looking like a model is not. If you obsess over your body and your appearance to

the point where you cannot put energy into other aspects of your life, I suggest you contact Counseling Services at the Cowell Wellness Center or find another person or group to talk to. They will hopefully help you find other ways to view yourself and your self-worth. No matter how satisfied or unsatisfied you are with your body, the Love Your Body Week events are sure to be interesting and engaging.

Combat women

WOMEN IN COMBAT
CONTINUED FROM PAGE 4

injured fighting in Iraq and Afghanistan and more than 130 have died.

This new policy not only gives full recognition to the women who are already serving in our military, but it is inspiring to current and future generations of women. Despite women's continual participation in war, their numbers have always been smaller and their accomplishments diminished, ignored, or completely unknown. By allowing women to have the same positions of prestige, the military is allowing their accomplishments and merits to be recognized on the same level as the men in the military.

As the war in Afghanistan comes to a close and the federal budget is under attack, it is unlikely that this declaration will bring in lots of new jobs for women. In fact, combat positions will be opened to women gradually; each branch of the military is allowed several months to come up with an implementation plan and the military is allowed

until January 2016 to fully implement gender equality into the ranks.

Whether or not you pay attention to the news, military policies affect the whole nation; there are thousands of veterans and active members of the military who, whether voluntary or drafted, are sworn to protect citizens of the United States. These current and former members are not just theoretical rhetorical devices but are real people who enlist for many different reasons and often gain an education through their military service. There are veterans and ROTC members currently studying at Pacific, who have a variety of different experiences and backgrounds but come to Pacific to get an education. Through this policy of including women in combat, as well as the recent military policy to end Don't Ask Don't Tell and include openly gay members into the armed forces, the military is becoming a more inclusive institution, in which people can no longer be discriminated against based on sexual orientation or gender in order to participate.

The Pacifican



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Noon every
Thursday in the
Smith Lounge

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The Pacifican reserves the right to edit all submitted materials for length, factual information, libel, and clarity. All letters to the editor must have a verifiable signature, address, phone number, and email address.

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Interested in advertising?

Contact pacificanads@pacific.edu

All advertising submissions must be in each Monday by 5 p.m. unless otherwise negotiated.

"Madness takes its toll"

Christiana Oatman
OPINION EDITOR

A group of Pacific students have been hard at work this year putting together the annual Rocky Horror Picture Show, which will occur on Feb. 8. Previous productions have proved to be hugely popular here at Pacific, with people standing in line for over an hour and the line going literally out the doors of the UC. But what makes Rocky Horror Picture Show (also referred to as Rocky, Rocky Horror or RPHS) so alluring?

For those of you who are freshmen or who did not go to any Rocky Horror screenings in the past, *The Rocky Horror Picture Show* is a movie that was released in 1975. It starred, among others, Tim Curry and Susan Sarandon in some of their earliest roles. When it was released, it was meant to be taken seriously, but it flopped at the box office. But a small group of people saw something special in Rocky Horror and began a tradition to screen the film at midnight and include audience participation. The actual movie without its surrounding culture is honestly terrible. Even Susan Sarandon, who later won an Oscar for *Dead Man Walking*, chews the scenery with her awful dialogue. The plot is difficult to explain because once you think about it carefully enough it makes no sense.

So why has the film become beloved around the world? Think about it this way: have you ever seen a movie so terrible that it is an unintentional comedy? Rocky Horror has become that. It also explores taboos of gender and sexuality in an honest way that does not overly dramatize common sexual experiences. Rocky Horror is a musical; the songs are catchy and fun, and some of them include dance numbers. Watching Rocky Horror while doing the "Hot Patootie" or "Time Warp" in a crowded theater with hundreds of people is an amazing experience. It feels like a community. At Pacific, as is the case at theaters around the world, a group of students "play" each character on the screen; imitating their actions, emotions and costumes without reciting any of the dialogue. It is much



Jeremy Hixson

The 2013 Rocky Horror Picture Show poster with the four main leads.

harder than it sounds, which is why Pacific students rehearse every week for over an entire semester, as well as attending Rocky Horror screenings in Livermore once a month.

The audience participation includes yelling "callbacks" at the screen, almost all of which are sexual and/or socially inappropriate to yell in any other situation (I have recited "callbacks" in a non-Rocky public place, and it's not a good idea). Members are also encouraged to throw objects at the screen as a way to "play along" with the plot; Pacific has strict limits on what objects can be thrown. Oftentimes, both cast members and audience members wear revealing clothes. Corsets are a particular favorite for people of all genders. Where else could you wear that in public and use that clothing to bond as a community with total strangers? Rocky Horror—both the film and the culture behind it—encourages people to explore sexuality in ways that are taboo even today. Callbacks should not be taken seriously (the main female character is called

a "slut" for example, which contradicts the whole idea of freedom of sexuality), but these too encourage the sheer enjoyment of sex.

Some of my favorite memories at Pacific come from my experience participating in Rocky Horror. Last year, I was a member of the cast and moved among the audience yelling "callbacks" as a way to encourage participation. I spent most of the movie with one of my friends, and along with yelling socially inappropriate words and phrases, we ended up dancing around and jumping for the sheer joy of Rocky Horror. There is no other occasion here on campus that I would feel that free to be joyful and silly. By participating in Rocky Horror, I have found ways to be myself—to even find out who I am to some degree—that I could not express before. If you want to have a fun time being silly and bonding with your fellow Pacific students, whether you know their names or will ever see them again or not, Rocky Horror is the place for you!

LIFESTYLES

Upcoming Student Events

Thursday, Jan. 31

SoundImageSound Festival 1
7:30 p.m.
Recital Hall

Individual Counseling
Sessions With a TIAA_CREF
Retirement Specialist
8 a.m. - 4 p.m.
Library Room 4

Sanderson Lecutre at
University of the Pacific
6 p.m. - 7 p.m.
Chan Family Health Sciences
Learning Center and Clinic
PHS 115

Saturday, Feb. 2

SoundImageSound Festival 2
7:30 p.m.
Faye Spanos Concert Hall

Sunday, Feb. 3

University Concert Band
2:30 p.m.
Faye Spanos Concert Hall

Monday - Friday, Feb. 4 - 8

2013 "Meet Your Future"
Mock Interview Event
Career Resource Center

Thursday, Feb. 7

Global Heros Lecture Series
- "A Case for Being Unreason-
able" with Teju Ravilochan
5 p.m. - 6:30 p.m.
Vereschagin Alumni House

Friday, Feb. 8

California College Personnel
Associations Spring California
Institute
9 a.m. - 4 p.m.
Raymond Great Hall

Saturday, Feb. 9

Dental Camp for Junior High
and High School Students
9 a.m. - 3:30 p.m.
Arthur A. Dugoni School of
Dentistry

Sunday, Feb. 10

Pacific Choral Ensembles
2:30 p.m.
Morris Chapel

Tuesday, Feb. 12

Tuesday World Forum
noon - 12:50 p.m.
School of International Studies
"One size fits most" by Chris
Blackburn
7 p.m.
DeRosa University Center
Ballroom

Movies This Week

Thursday-Saturday,
Jan. 31-Feb. 2
Sparkle

Have you heard about 'thinspo'?

Alex Caspero
CAMPUS DIETITIAN

THINSPO, short for 'Thinspiration', is an online collection of diet tips and photographs of dangerously thin people used as 'inspiration' to begin and maintain eating disorders such as anorexia and bulimia.

Sound extreme? Surprisingly, it's more common than you might think. Thinspo—heavy on the thin, light on the inspiration—has been around since the beginning of the Internet, using images and websites to help others punish, inspire, teach, and guilt themselves into losing weight.

The biggest problem with these websites is they often present eating disorders as a 'lifestyle' rather than the dangerous mental illness they are. Those looking for weight loss tips might stumble onto these havens and use images and ideas that could lead to an eating disorder. Of course, not everyone who visits these sites will develop an eating disorder. However, it's hard to draw the line on

what's acceptable and what's not.

According to Jennifer Lombardi, MFC, and Executive Director for Summit Eating Disorders Program in Sacramento, Calif., "Thinspo becomes a very slippery slope since we don't know who is at risk for developing an eating disorder. These sites and social media outlets may be what trigger someone." Those who are prone to disordered eating tend to feel very isolated, so this world of online anonymity provides a community, or sense of belonging, that supports the person's experience.

Noting the inherent danger these sites could produce, Tumblr and Pinterest have recently announced new policies that ban any site or images promoting self-harming behaviors, including all sites dedicated to the glorification of eating disorders. But is this taking it a step too far?

"Censorship is also a slippery slope," says Liz Thompson, MFT and Outreach & Programming Services Coordinator for the University of the Pacific. "Any tool that can

be used appropriately can also be misused. Think of the Stairmaster—many people use it to exercise in a normal fashion, but one individual may overuse it. Is the Stairmaster then the problem or the person who is abusing it?" Since Tumblr and Pinterest are private companies, they can write the rules on what content they will and won't allow. Of course, as long as there are people dying—literally—to be skinny, there will still be thinspo sites. The ban won't prevent these sites from existing; rather, these sites will just be harder to find.

Since social media is so interwoven into our daily lives, we are constantly seeing updates from our friends' latest workouts, diets, and food. Motivation can be a very positive thing, especially when we take away the numbers game. "Avoid the numbers, the nitty gritty details like how many miles you ran that day, how many minutes you worked out, how many calories you ate," says Jennifer Lombardi. "These numbers focus on one-upping each

other, ramping up your diet or exercise to compete with your friends." Instead, pay attention to your intuitiveness, your self-regulating hunger and fullness cues that determine when and how much you should eat. Those are much better cues than any website or phone application can provide.

If you, or someone you know, is suffering from an eating disorder, seek help. There are multiple resources at the University of Pacific to assist you. To make an appointment with the registered dietitian or with Counseling Services, contact 946-2315. Summit Eating Disorders Program in Sacramento, Calif. is also available to provide free assessments. They can be reached at (916) 574-1000.

In honor of National Eating Disorder Awareness Week, UOP will be hosting Love Your Body week, Feb. 10 through Feb. 15. To view the calendar of events, including speakers, films, events, and more, visit www.pacific.edu/loveyourbody

BLACK HISTORY MONTH

A CALENDAR OF EVENTS FOR THE CELEBRATION IN FEBRUARY 2013

FRI 1	LIBATION CEREMONY, 5:30 PM VERESCHAGIN ALUMNI HOUSE FILM: SPARKLE, 8:00 PM	MON 11	FINANCIAL FORTITUDE, 7:00 PM MULTICULTURAL CENTER	TUES 26	AN EVENING WITH KAREEM ABDUL-JABBAR FAYE SPANOS 7:00 PM
SAT 2	FILM: SPARKLE, 8:00 PM (ALL FILMS WILL BE SHOWN AT JANET LEIGHT THEATRE)	TUES 12	LOVE THE SKIN YOU'RE IN, 7:00 PM. MULTICULTURAL CENTER	THURS 21	PRESENTATION: PROFESSOR ARPIN 12:30 PM, DELTA'S TILLIE LEWIS THEATRE FILM: THIS TIME, 8:00 PM
WED 6	PRESENTATION: DR. TAYLOR, 11:00 AM, DELTA COLLEGE'S TILLIE LEWIS THEATRE	THURS 14	LOVE YOUR NEIGHBOR, 7:00 PM MULTICULTURAL CENTER	FRI 22	FILM: LINCOLN, 8:00 PM JANET LEIGHT THEATRE (ALSO A SUNDAY MATINEE @ 2:00 PM)
SAT 9	BLACK BARBERSHOP HEALTH OUT- REACH, 12:00PM SWEET POTATO FESTIVAL, 10 AM SAM PANNELL CENTER (SAC)	SAT 16	HATS FOR HEIGHT, 12:00 PM VERESCHAGIN ALUMNI HOUSE	SAT 23	BSU'S HIGH SCHOOL CONFERENCE 8:00 AM, GRACE COVELL FILM: LINCOLN, 8:00 PM
SUN 10	MARCH ON WASHINGTON REENACTMENT, 2:00 PM BURNS TOWER	MON 18	VISIONS, INC. SOCIAL JUSTICE TRAINING, 9:00 AM MULTICULTURAL CENTER	MON 25	BCM BIBLE STUDY, 7:00 PM MORRIS CHAPEL
		THURS 28	ETHNIC STUDIES POET: NATHANIEL MACKEY 7:00 PM, WPC 140		

Micaela Todd

Using social media to meet fitness goals

Grace Santos
CONTRIBUTING WRITER

PERSONAL trainer, Matt Santos, and website developer, Sam Miller, grew-up as neighbors outside of Phoenix, Ariz. Both moved to Virginia in 2005. Shortly afterwards Miller married Santos' sister Nicole, and friends became family. Santos returned to Ariz. where he worked as a personal trainer while Miller and Nicole finished college in

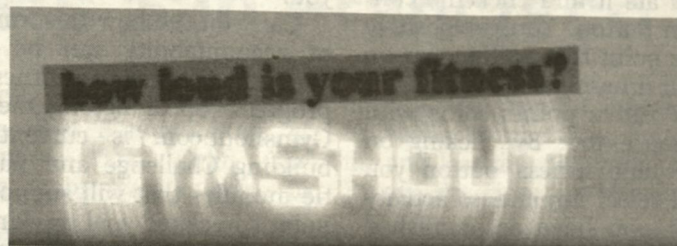
North Carolina.

Miller built websites while in college. After graduating he worked with accomplished web developers and learned cutting edge social media design and development skill-sets. Meanwhile, Santos was in Scottsdale, Ariz., a major fitness hub, learning from trainers whose clients included the likes of basketball superstar Shaquille O'Neal and author Keith Ferrazzi. He

returned to Virginia, and the idea for GymShout was born. Santos wanted to put the

gym experience online. "The gym atmosphere is too powerful and motivating to only

be accessible when you're at the gym. What about the people that don't ever go? They don't get to feel the accountability, support, enthusiasm and camaraderie that you get from being there." He wanted people to have a way to stay accountable for their exercise and nutrition daily. He also



GymShout, LLC

A social way to keep track of your fitness and nutrition while keeping it fun, competitive, and simple. Eat right. Workout. Keep score.

FITNESS
CONTINUED ON PAGE 8

NUTRICAT'S CORNER

Eating Healthy: Surviving the Super Bowl

Alexandra Caspero
CAMPUS DIETITIAN

Whether your favorite team is playing or not, chances are good that you will be spending this day with family or friends, celebrating America's top pastimes: football and food. According to the National Restaurant Association, more than one quarter of all Americans who watch the game will be picking up takeout food or having it delivered. Others will be turning their kitchens into small factories to produce oversize platters of wings, sliders, and cheesy nachos.

Think of the Super Bowl as a second Thanksgiving, with the average meal clocking in at well over 1,000 calories and with a day's worth of saturated fat. For New Year's Resolutioners, it's the first 'big test' of the year. No matter what your goal, here

are my top tips for surviving and thriving during the Super Bowl.

1. It's a marathon, not a sprint. Most Super Bowl spreads are meant to be enjoyed over the course of 4 hours or more, so there is no need to over indulge before the halftime show. Use smaller plates and place a small amount, just a bite or two, of food. When finished, put down the plate. Wait at least twenty minutes before going back for seconds and only get stuff that is truly worth it.

2. Bring something for you and others to enjoy. Try creating a healthier version of your favorite dip or entrée. Most people probably won't notice if you swap in reduce fat versions of mayo or sour cream or decrease the amount used. Why not bring bean chili over ground beef chili, baked chicken wings, low-fat dip and vegetables, or guacamole? That way you can

fill up on healthier choices, while still leaving room to indulge in your favorites.

3. Exercise the day of. Since most of the afternoon/evening will be spent on the couch, make it a point to move earlier in the day. Enjoy a walk, go on a bike ride, or head to the gym- whatever motivates you to move!

If you do overindulge, don't let it derail you. We are all allowed feast days every now and again. If they rarely happen, they won't make a big difference in overall health or weight goals. Now, whose ready for some football?



G.I.V.E.

Groups Involved in
Voluntary Efforts

Competition Hours Total Hours

All Pacific Students **7,759**

Sigma Chi **628**

Hmong Student Association **322**

Alpha Phi **308**

Delta Phi Epsilon **211**

Gamma Alpha Omega **180.5**

As of 1/28

A record amount of organizations are participating in the G.I.V.E. Competition (Groups Involved in Voluntary Efforts), and out of the 20 organizations competing, we have listed the TOP 5. Keep up the hard work, and remember, it's always the season of G.I.V.E.-ing!

Micaela Todd

Behind the SoundImageSound Festival

Kevin Guico
CONTRIBUTING WRITER

Whenever there is music played by computers synchronized to videos and animations, it sounds a lot like a rave or some sort of fancy music festival. In the case of the Conservatory of Music at the University of the Pacific, this synesthetic combination of graphically designed videos and thoroughly composed music is none other than the SoundImageSound festival.

The fact that the festival is

a Conservatory event and not a rave might be unappealing to some, but do not be fooled. The compositions written for SoundImageSound are anything but traditional, and the videos are either made specifically for the music or vice versa, creating a scintillating experience for almost all of the senses. The festival will have professional musicians, composers, and animators and will feature works from all over the world including Japan, Austria, England,

Greece, and of course the United States.

SoundImageSound 9 will be housed at Pacific's Conservatory of Music on Jan. 31 and Feb. 1, returning from its temporary performance in Japan last year. Resident music composition professor Robert Coburn recently recounted his experiences in Japan and brought back many stories as well as a new compositions that, amongst others, will be featured in the SoundImageSound festival. He and ani-

mation artist Celia Eid will be presenting a work they closely collaborated on for the Feb. 1 concert.

The Jan. 31 concert will take place at 7:30 p.m. in the Recital Hall of the Conservatory of Music and will display all of the works in video format. The next day, will take place at 7:30 p.m. in the Faye Spanos Concert Hall and will have live performances of the works and videos, as well as faculty and professional musicians playing on their re-

spective instruments. Each concert is \$8 for general admission, \$5 for seniors and Pacific employees, and the best part, FREE for Pacific students! SoundImageSound has some of the most progressive, groundbreaking works in both art and music; one does not simply pass up a free opportunity to watch some of the most talented musicians and composers perform to the most creative and well-animated videos.

A personalized way to keep track of your health

FITNESS
CONTINUED FROM PAGE 7

wanted to create something that put nutrition and exercise on the same playing field and to give people a way to track their total fitness. Santos realized how much fun it would be if there was a website where family and friends support each other by checking in and tracking their fitness together. The idea was a perfect fit with Miller and Santos' work experience.

At Gymshout.com, you record daily exercise and nutrition. You receive points that can be measured against yourself and others. It's easy, it's a blast, but most of all, it works. It encourages and motivates users to get in shape. It gets into your head. You will want to eat better and exercise more without even trying.

The beauty of GymShout is that they understand that everyone is different. Nutrition is based on how much you feel like you ate and not how many servings the label says you had. Exercise is based on how hard the workout felt to you, not how many reps and sets you did. Because of that, GymShout is something the whole family can do. Friends can compete. It works for solo players too. You control who is in your network. You control who sees your page.

When you sign into Gymshout.com you will see the patent-pending fitness-bar on your homepage.

Recording your scores only takes a minute. Suppose you have eggs for breakfast. Select the Nutrition tab, and under the Breakfast column click on protein. Then select how many servings you ate (let's

say one). All that is left to do is to select the time of day that you ate it and click the confirm button. You get positive one point that will appear on your fitness-bar.

Positive points come with exercise too. By clicking on the blue fitness button you can select any fitness activity that you have accomplished in the day. It is just as easy as entering your nutrition.

For example, let's say that you got a good workout in today. You did lunges, push-ups and squats. In this case, it would count as resistance training. As far as the difficulty goes, it wasn't the toughest workout that you have ever done, but you wouldn't exactly classify it as easy either. So go ahead and click the Hard button. With stretching and other miscellaneous actions, let's assume that it took you thirty minutes. Next, just input what time your workout took place. When the points are entered into the fitness-bar, your daily and weekly total points are updated accordingly.

You don't have to have fitness activity to participate. Some GymShout members only track nutrition. Likewise,

some members only track fitness. That is completely up to you.

Can you see how this kind of accountability can be a game-changer for your fitness progress? Speaking of games, Gymshout.com is currently building Challenge and Battle modules that will support point correlated goal tracking and competition between individuals and groups (teams).

Gymshout.com:

1. Motivates you to exercise more
2. Motivates you to form better eating habits
3. Is social
4. Is fun
5. Is catching on

You can use the buddies tab to find your friends and family once they have joined. When you record your fitness, your buddies can see and comment on your activity. Likewise, you can see and comment on your buddies' activities. GymShout is all of this and so much more.

After one week on Gymshout.com, you won't be able to stop. You won't want to stop either. The return on investment is too high. It's too much fun. The social aspect

of GymShout is cool. It's centered on fitness, which everyone has in common.

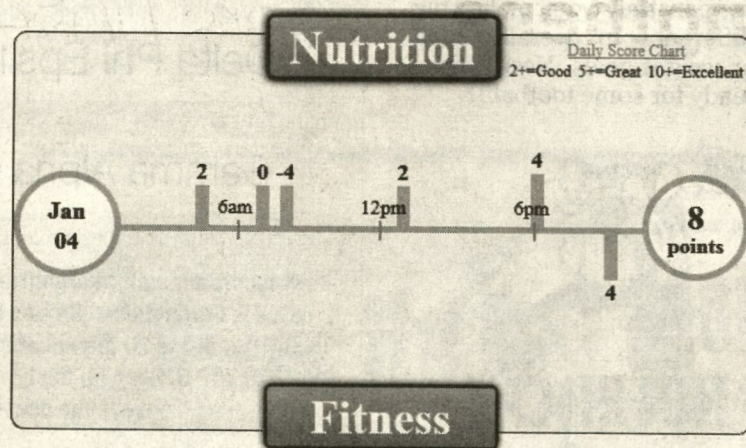
Joining is a snap. Go to Gymshout.com and sign up. Upload some of your pictures if you want. Watch the 60 second video to see how to record your daily exercise and nutri-

tion. Entering your information each day only takes a few minutes. Shout out and get your friends and family to join, then buddy up and start scoring, making noise, high-fiving and getting stronger. Remember: Strong is the New Skinny.

Fitness			
Daily Score Chart 2+=Good 5+=Great 10+=Excellent			
	Mild	Hard	Extreme
Cardio	1-3 Points	2-4 Points	3-5 Points
Resistance	2-4 Points	3-5 Points	4-6 Points
Interval	3-5 Points	4-6 Points	5-7 Points

GymShout, LLC

By clicking on the blue fitness button, you can select any fitness activity that you have accomplished in the day.



GymShout, LLC

When you sign in to Gymshout.com, you will see the patent-pending fitness bar on your homepage.

Nutrition			
Daily Score Chart 2+=Good 5+=Great 10+=Excellent			
	Breakfast	Lunch	Dinner
Vegetable	1-2 Points	1-2 Points	1-2 Points
Protein	1-2 Points	1-2 Points	1-2 Points
Dairy	1-2 Points	0 Points	(-1)-(-2) Points
Fruit	1-2 Points	0 Points	(-1)-(-2) Points
Grains	(-1)-(-2) Points	(-2)-(-3) Points	(-3)-(-4) Points
Oil	(-1)-(-2) Points	(-2)-(-3) Points	(-3)-(-4) Points

GymShout, LLC

Keep track of what you eat to earn points that will appear on your fitness bar.

PAMA hosts the PaciFIT Challenge

PACIFIT
100% PACIFIC. 100% FITNESS.

Pacifit Challenge logo.

Lamar Gibbs

Jamieson Cox
STAFF WRITER

FOR the month of February, the Pacific American Marketing Association will be hosting a campus-wide fitness competition to promote and emphasize the importance of a healthy lifestyle. The challenge will be a team format in which groups of five will work together participating in physically, psychologically, mentally, and spiritually challenging tasks. Throughout the month, participants will have workshops that can act as catalysts to-

wards a more informed mind set when it comes to nutrition, sleeping habits, alternative workouts, and other tips to becoming a "healthier you."

Some of the events will include Bikram Yoga Sessions, Mythbusters, Boot Camp Workouts, Health and Fitness Fair, Teach Me How to Row, Pole Exercises, and Free Virtual Wellness Coaches.

The events will go Feb. 3 through Feb. 27, and the full detailed calendar is already on Facebook. If you are interested in competing and getting a group together, sign

up on the PaciFIT Challenge Facebook page, through tabling, or email Myia Williams at M_Williams14@u.pacific.edu. The competition is open to students, faculty, and staff and is no cost to competitors.

Remember, being healthy is more than just eating right or working out but is a whole realm of aspects such as stress management and getting a good night's sleep, all of which you can learn more about at the PaciFIT Challenge. There's fit, and then there's PaciFIT.

SPORTS

Pacific club rugby beats San Francisco for big win

Carlos Torres
CONTRIBUTING WRITER

PACIFIC's club rugby team started off their quest for their first ever playoff appearance with a bang, outlasting the University of San Francisco 32-29. The Tigers dominated the Dons throughout most of the game, using strong rucking and solid line-outs from their forwards.

The Tigers were led by sophomore Michael Jimenez with three tries, senior Carlos Torres with two tries, and senior James Derrick with one try.

The game began with a muffed ball that eventually led to a 20-yard score by Jimenez. The first half was essentially a Tiger rugby highlight tape, with two scores each from Jimenez and Torres.

Even though the first half

was a one-sided affair, the second half was a different story. The Tigers allowed USF to score four more tries. The game became increasingly close and a comeback for USF became a possibility. This all changed when the Tigers increasingly pressured USF to commit turnovers in key situations, allowing the Tigers to maintain possession of the ball during the latter part of the second half.

Derrick put the nail in the coffin with a spectacular 25 yard run with less than two minutes left. This score left USF searching for answers, who eventually ended up losing the ball the next possession.

Going forward, there is an air of confidence for the Tigers (1-0) who have a strong stable of forwards and leadership in key positions.

The Tigers' next game is against Sonoma State at Rohnert Park, Calif. The club rugby team is open to

anyone who has an interest in staying competitive, being fit, and learning the game of Rugby. Practices are Monday

and Thursday from 6 p.m. to 8 p.m. at the Brian and Olive Gardenmeyer Field (Behind the Monagan Apartments).



The Tigers look to move the ball forward out of the scrum.

Mari Jo Prlain

Men's basketball strengthens spot in standings with wins

Tigers take out UC Riverside and CSU Fullerton

Drew Jones
STAFF WRITER

Winning six of their last seven games, the men's basketball team proves to be a worthy contender for the Big West championship. Last week they took on UC Riverside and Cal State Fullerton, beating them both and keeping their second place position in the Big West Conference.

This past Thursday, Pacific hosted UC Riverside in a Throwback Thursday event combined with a Club Rush night put on by the clubs of Pacific. Similarly to a club fair, many clubs, and as well as ASuop, put up booths and showcased what they are all about.

UC Riverside put up a good fight, by Pacific led them significantly throughout the game. Riverside brought their A-game in the second half, breaking Pacific's large lead and nearly tying

the score. Leading only by one basket, guard Lorenzo McCloud '13 scored a pair of free throws to add insurance to a Tiger victory. Pacific came out on top 63-58.

On Saturday, the Tigers played CSU Fullerton. In a near sell-out event, Pacific put on a Superhero Night in honor of all Stockton educators and administrators. Upon entering the Alec G. Spanos Center, every fan received a novelty Pacific Superhero Cape.

Right off the bounce, Pacific and Fullerton were neck and neck in an intense first half. The score was tied three times within the first nine minutes of the matchup. With five minutes left in the first half, Pacific took the lead at 27-24 with two consecutive lay-ups by forward Travis Fulton '13. The first half concluded with Pacific ahead 35-30.

The Tigers opened up the

second half by spreading their lead to ten points, but Fullerton was set on not leaving the court without a fight. Catching up to Pacific, Fullerton evened the score at 53 with nearly nine minutes left in the game. The second half was just as intense, if not more, than the first. Each basket by Pacific was answered back by Fullerton, but with the help of the crowd, Pacific earned a three point lead, 65-62. With one minute left in regulation play, Pacific led by only one basket. Pacific's intense defensive play earned them a 71-67 win over Fullerton. Each Pacific starter scored double-digit points with McCloud leading them at 14.

The Tigers will take the week off but look to come back strong in their doubleheader with the women's basketball team, Pacific Plays Pink, this Saturday at 7:30 p.m. in the Alex G. Spanos Center.

Tigers upset No. 8 Loyola Marymount

Ruben Dominguez
SPORTS EDITOR

The Pacific women's water polo team earned the program's first win over a top-10 team since 2010, using an impressive defensive performance to earn a 8-6 win over No. 8 Loyola Marymount at the UCSB Winter Invitational on Sunday.

"The whole team worked really hard," Pacific head coach James Graham said afterwards, "and I think we realized what we are capable of. We're very excited for the rest of the season, but we have to keep this in perspective and remember that this weekend is just the start of the year."

The Tigers were paced by Brydie Pye '15 (who totaled five goals in Sunday's two matches), Taylor Adair '15, and Rebecca Wright '15 with two goals each. Goalie Michele Relton '14 made 8 stops.

After taking a 1-0 lead just 30 seconds into the match, Pacific relented two out of the next three goals to make

a 2-2 tie after the first period. The Tigers exploded in the second period, scoring four goals for a 6-4 halftime lead. Wright scored the only goal in the third period and the first in the fourth to give Pacific a 8-4 lead. The defense held up there, securing the victory for the Tigers.

For Pacific, it is the first win over a top-10 team since defeating then-No. 10 CSU Northridge 8-7 in overtime during the 2010 season.

The Tigers, who got off to a rough start to the season by losing to No. 4 Cal and No. 3 UCLA, rebounded to close out the Winter Invite with three straight wins, sandwiching victories over Azusa Pacific and CSU Bakersfield around the win over Loyola Marymount.

Pacific will next return home to host the 2013 Pacific Invitational Saturday, Feb. 2 at Chris Kjeldsen Pool. The Tigers will do battle with CSU East Bay, Azusa Pacific, and Hartwick at 9 a.m., 3 p.m., and 7 p.m., respectively.

Verbeek clinches Sunday match for a weekend sweep

Jamieson Cox
STAFF WRITER

This past weekend, the men's tennis team took on a current Big West Conference opponent, as well as a future West Coast Conference team, and came out victorious in both duals.

Saturday consisted of the Tigers taking on the UC Davis Aggies in an away conference match. The Tigers started off slow in doubles, losing the point due to a lack of capitalizing on some major opportunities. With their backs against the wall, the Aggies came out to take the victory in singles, but the Tigers battled back.

After losing three out of the six first sets, the Tigers began to rally together and came storming back, refusing to let the Aggies clinch a victory. The Tigers ended up winning five out of the six matches, with two going the distance into the third set.

On Sunday, the Tigers took on a future West Coast Conference team, the USF Dons. Like a déjà-vu from the match against Davis, the Tigers came out slow in

doubles. With tough wind conditions and it being the first home match, it seemed that the nerves were getting the best out of the Tigers.

After losing the doubles point, it seemed that there was not much hope for the Tigers, and since only half of the first sets went their way, they needed to win four out of the six matches. As time went on, senior Alex Golding began to rally back in the second set, while freshman Sem Verbeek was making a run.

At the same time freshman Daniel Alameh began to fall behind in the second set. With only two matches looking like they were going to swing their way, the Tigers kept hanging around and not backing down.

While Alameh was falling behind in the second set, Golding had lost in a close second set and sophomore Alex Hamilton as also lost in a close dual. With the score 1-3, and the Dons only needing one more point, the momentum was clearly in the Dons' favor. However, the Tigers kept clawing away.

Alameh began making a third set run while sophomore

Denis Stolyarov and sophomore Ben Mirkin both pulled off wins. After changing his mode of attack, Alameh began moving forward and dictating the points which lead to him finishing on top. This made the match score 3-3, once again leaving the fate of the match in the hands of Freshmen Sem Ver Beek.

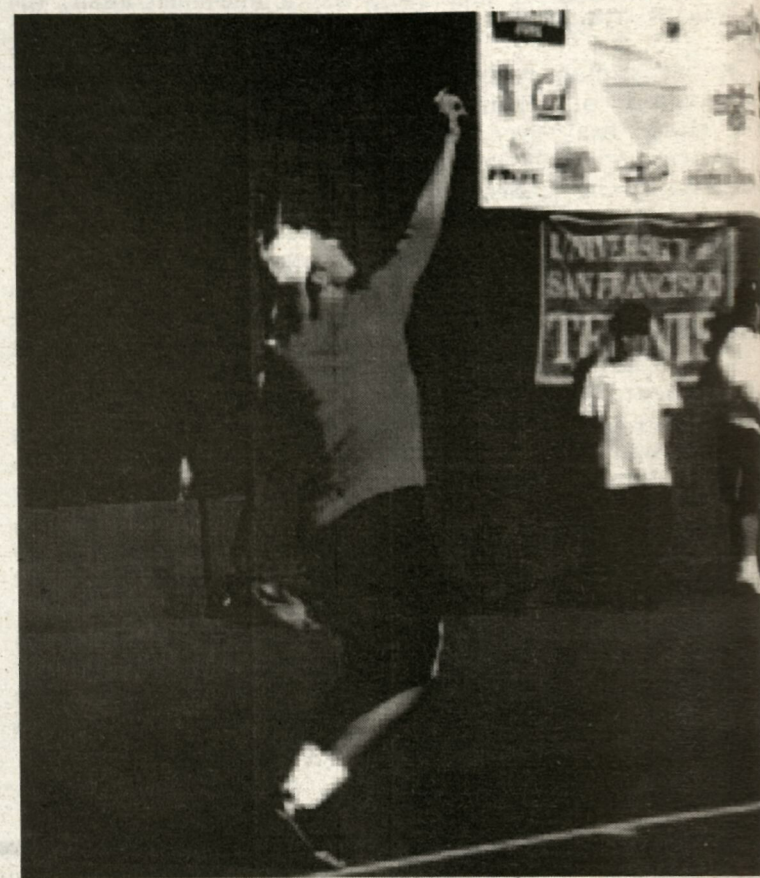
Being two points away from defeat, Verbeek fought his way from a set down and into a third and final set. As his team mates and the fans rallied strongly behind him, Verbeek pulled ahead in the third and never looked back. After 10 match points, and a lengthy return game, Verbeek broke Nils Skajaa to clinch the match for the Tigers.

From being points away from defeat, to crawling their way back into the match and pulling off such a large, come-from-behind win, nothing was going to stop the Tigers from rushing the court. This win moved the Tigers to 3-1 on the season, knocking off two future conference teams from the West Coast Conference.

The men's tennis team will be back in action on Sunday

where they will go up against the powerhouse that is the Cal Bears in Berkeley. For additional statistics, as well

as footage of the final point of the match, visit the Pacific Tigers Tennis Facebook page.

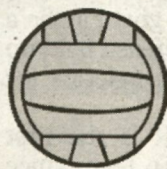


Freshman Sem Verbeek delivered the match-clinching victory on Sunday. Athletic Media Relations

Looking ahead to February athletics dates

Ruben Dominguez
SPORTS EDITOR

Sat, Feb. 2



The first Saturday of February is chalk full of top Pacific athletics action. The day starts out with women's water polo hosting the 2013 Pacific Invitational at Chris Kjeldsen Pool. The Tigers will host a trio of opponents: CSU East Bay (9 a.m.), Azusa Pacific (3 p.m.), and Hartwick (7 p.m.). Those who want to cheer on their Tigers would be best to show up, as Pacific will not return to Kjeldsen Pool until the Ides of March.



Super Bowl Saturday continues at the Spanos Center with a doubleheader. Men's basketball gets the ball rolling at 5 p.m. as Pacific will look take out conference rival UC Davis. Then, at 7:30 p.m., women's basketball will seek to improve its stellar home record as the Tigers battle Long Beach State. The doubleheader will also serve as the team's Pacific Plays Pink game.

Sat, Feb. 9



Men's volleyball will cap off a five-game home stand (all against UC schools) against its toughest opponent: defending national champion UC Irvine. The Anteaters, who took out top-ranked USC in straight sets to claim last year's title, have defeated the Tigers in eleven consecutive games, holding Pacific without a set victory in nine of those contests. The first set begins at 7:30 p.m. at the Spanos Center.

Sun, Feb. 17



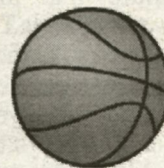
Baseball is back! After beginning the season with two games at San Jose State Feb. 15 and 16, the Tigers will open the 2013 home schedule with the finale of their three-game series against the Spartans at 1 p.m. at Klein Family Field. Pacific will attempt to bounce back from last season's result with help from players such as Curtis Gomez '14, Dustin Torchio '14, and Jason Taasass '14.

Wed, Feb. 20



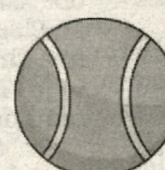
Both the men's and women's swimming teams will conclude the 2012-13 season at the 2013 MPSF Championships, which begin on Feb. 20 and run till Feb. 23 in Long Beach, Calif. At last season's championships, the women's team came in sixth place, while the men took seventh.

Sat, Feb. 23



The women's basketball team will play the final Big West Conference game at the Spanos Center on Feb. 23 against UC Riverside, with tipoff scheduled for 4 p.m. After this season, the Tigers will move to the West Coast Conference, where Pacific was a founding member and played until 1971. Following the team's clash with the Highlanders, Pacific will play out its remaining road schedule in preparation for the 2013 Big West Tournament (Mar. 12-16) in Anaheim, Calif.

Sun, Feb. 24



Need to get your tennis fix? After the first day of the month Pacific tennis will not be played until Feb. 24. While the men's tennis team will not return home until March, the women's team will test the skill they showed in Fall competition against San Jose State at Hal Nelson Tennis Courts at 1 p.m.

Tue, Feb. 26



After testing their mettle in tournaments in Waco, Tex. and Clearwater, Fla., the Pacific softball team will make their 2013 home debut with a game against St. John's (NY). The action gets started at Bill Simoni Field at 2 p.m. The Tigers, seeking to leave Big West Conference with another conference championship (the team won its first in school history in 2011), will then get ready to host the 2013 Libby Matson Tournament, which will be held Mar. 1-2 at Simoni Field.

Tigers oust Gauchos in five

Jenna Graves
STAFF WRITER

"SMACK that, out on the floor," shouldn't just be used in Akon's song because this quote was definitely used by our very own men's volleyball team as they dominated the court in their tremendous win and strong effort this weekend. The orange and black returned home after splitting contests on the road. Pacific fell to No. 4 Pepperdine 3-0, but bounced back with a decisive 3-1 victory over No. 8 USC. Playing in their own house, the Tigers showed No. 10 UCSB who is boss but ultimately could not succeed over No. 4 UCLA.

On Friday's game at home against Santa Barbara Pacific men's volleyball defeated the Gauchos in comeback fashion after both teams battled for five sets, but the Tigers came out victorious 3-2 (26-28, 25-20, 21-25, 25-23, 15-12). The second set included Pacific overcoming a 17-11 deficit to take the game and momentum in the match.

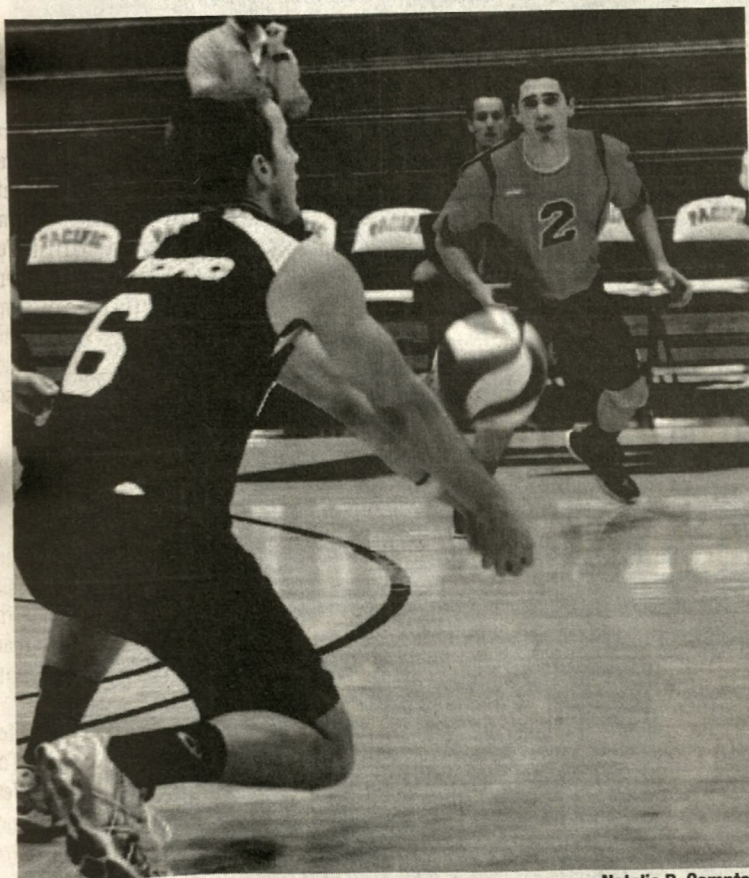
Leading Pacific in the match were Taylor Hughes '13 and Adam Troy '14, each picking up season highs in kills. Hughes finished the night with 25 kills to hit .442, while Troy tallied 16 kills. Passing on the night was excellent for the Tigers, all started by junior libero Javier

Caceres. He finished the match with a season-best 20 digs. The victory improves No. 14 Pacific to 3-2, 2-2 MPSF, while the loss drops UCSB to 3-4 and 1-3 in conference play.

As for Sunday's game, Pacific gave it their all as they took on No. 4 UCLA in a Mountain Pacific Sports Federation match. UCLA won all three sets (25-22, 25-19, 25-12). The Tigers and Bruins traded points early in the first set, but with Pacific down one, the orange and black rallied off five straight points to take the 11-7 advantage to force a UCLA timeout.

Out of the break, Pacific held tight to its lead until UCLA rallied to gain the lead 19-18. Once they had the lead, UCLA would not let up and took the set 25-22. Hughes led the Pacific offense with 15 kills, while hitting .600. Hughes topped the Tigers in kills to open the match with six on seven swings. He finished the set hitting .857. Also, Matthew Houlihan '13 recorded three kills in the set. As a team, Pacific tallied three total blocks with Tommy Carmody '15, Marco Grasso '16, Christian Ahlin '13, Hughes and Houlihan all getting in on the blocking action.

Even after Tigers' strong efforts, the UCLA victory drops Pacific to 3-3, 2-3, and the Bruins improve to 6-4 and 3-2 in conference play.



Natalie B. Compton

Senior Patrick Tunnell (front left) digs the ball while junior Javier Caceres (back right) looks on in anticipation.

News and Notes



Athletic Media Relations



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Canadian Tour

WOMEN'S BASKETBALL: Pacific continued its roll through the Big West Conference with two wins on the road. Thursday, UC Riverside proved no match for the Tigers, who dominated in a 85-56 victory. Kendall Rodriguez '13 (pictured) and Erica McKenzie '13 led Pacific with 14 points each. Saturday, Pacific used a big first half to pull away from CSU Fullerton to win 67-55. Rodriguez and Gena Johnson '13 paced the Tigers with 13 points apiece. The Tigers have won four straight games and nine out of their last ten, with their lone loss a 96-95 triple overtime affair at Cal Poly.

WOMEN'S TENNIS: The Tigers opened the 2013 home schedule with a match against San Francisco on Saturday. Though Pacific's No. 1 doubles team of Iveta Masarova '15 and Hana Ritterova '15 secured an 8-4 win, the Tigers lost the remaining two doubles matches to squander the point to the Dons. In the singles competition, San Francisco took control, winning five of the six battles to take a 6-1 overall match victory over Pacific. Regina Suarez '15 (pictured) was the only Tiger to get on the board, defeating her opponent in straight sets (6-3, 7-6 [4]).

MEN'S GOLF: Pacific alum Thomas Petersson '07 (pictured) continued to represent his former school and golf team well, posting a -9 276 at the final qualifying round for the Asian Tour (considered the third-biggest circuit behind the PGA Tour and European Tour) and becoming one of just 41 players out of the original 761 to earn his Asian Tour card. The final qualifying tournament was held in Hua Hin, Thailand at Imperial Lakeview Country Club. After posting a 66 and 73, Petersson moved onto the final round at Springfield Royal Country Club, where he scored 66 and 71 to secure his spot on the Asian Tour.



PACIFIC SPORTS SCHEDULE



HOME GAMES IN BOLD			
M. BASKETBALL	SATURDAY vs. UC Davis 7:30 p.m. Spanos Center	Feb. 7 @ Cal Poly 7 p.m. Mott Gym	Feb. 9 @ UC Santa Barbara 7:30 p.m. Events Center
W. BASKETBALL	THURSDAY vs. UC Irvine 7 p.m. Spanos Center	SATURDAY vs. Long Beach State 5 p.m. Spanos Center	Feb. 7 vs. Cal Poly 7 p.m. Spanos Center
M. SWIMMING	FRIDAY @ Cal Poly 2 p.m. Anderson Aqu. Center	SATURDAY @ UC Santa Barbara 11 a.m. Rec Center Pool	Feb. 20-23 MPSF Championships Long Beach, Calif. Campus Pool
W. SWIMMING	FRIDAY @ Cal Poly 2 p.m. Anderson Aqu. Center	SATURDAY @ UC Santa Barbara 11 a.m. Rec Center Pool	Feb. 20-23 MPSF Championships Long Beach, Calif. Campus Pool
M. TENNIS	SATURDAY @ Cal Berkeley, Calif. Hellman Tennis Comp.	Feb. 10 @ St. Mary's noon Korth Tennis Comp.	Feb. 15 @ Hawai'i 11 a.m. Hawai'i Tennis Comp.
W. TENNIS	FRIDAY vs. Fresno Pacific 2 p.m. Hal Nelson Courts	Feb. 8 vs. Weber State 10 a.m. Fertitta Complex	Feb. 9 @ UNLV 10 a.m. Fertitta Complex
M. VOLLEYBALL	FRIDAY vs. UC Santa Cruz 7 p.m. Spanos Center	Feb. 8 vs. UC San Diego 7 p.m. Spanos Center	Feb. 9 vs. UC Irvine 7:30 p.m. Spanos Center
W. WATER POLO	SATURDAY vs. CSU East Bay 9 a.m. Chris Kjeldsen Pool	SATURDAY vs. Azusa Pacific 3 p.m. Chris Kjeldsen Pool	SATURDAY vs. Hartwick 7 p.m. Chris Kjeldsen Pool



THE BIG GAME



8 LCD Screens

\$13 Appetizer Buffet (2pm-5pm)

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